



# The Benefits Bulletin

Statewide Benefits Office

January 13, 2021

## New Year, New You

2020 truly was a trying time for many of us. We felt the impact financially, physically and mentally. At the end of a year, you might look back and think about the changes you can make in the new year. In 2021, take control of what you can change, as you create the best version of yourself. Here are some suggestions:

- Make time for the activities you enjoy
- Incorporate physical activity into your daily routine
- Plan healthy meals, snacks and drink plenty of water
- Seek assistance from friends, family and professionals
- Schedule your annual physical exam



Making small positive changes can be the first step to reinventing the best version of yourself. The State of Delaware offers a plethora of benefits designed to assist with your physical, mental, legal and financial needs. For instance, did you know that by scheduling **and** attending your annual physical, you and your doctor can work together to detect any developing chronic conditions such as [diabetes](#), heart disease or [cancer](#)? Maybe you have put your annual physical or a doctor visit for a chronic condition on hold because of the pandemic. Below are some options to assist with managing your health:

- If you can't get a quick appointment with your Primary Care Provider (PCP) or you don't want to go to your PCP's office, consider using telemedicine. Through telemedicine, you can schedule a virtual visit with your PCP or one of the telemedicine vendors used by your health plan ([Aetna](#) or [Highmark Delaware](#)).
- ComPsych® is your new Employee Assistance Program (EAP). It is a free program that provides 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources such as work-life, legal and financial support. You will also have access to the GuidanceResources® website and mobile app to consult articles, podcasts, videos, interactive self-help modules, webinars and other helpful tools.
- The [Diabetes Prevention Program \(DPP\)](#) is a FREE year-long, lifestyle and health behavior change program available to [Highmark Delaware](#) and [Aetna](#) members who meet program eligibility criteria. Both programs offer a DPP option through the YMCA. Highmark Delaware offers a virtual option through Livongo and Aetna offers a **NEW** virtual option through Solera.
- [SurgeryPlus](#) – If you have been putting off a non-emergency surgery, let SurgeryPlus assist you with planning, scheduling and transportation.

[Click here](#) to learn about other benefits to help you in the new year.

**Hidden Treasures** Find the hidden code on the Musculoskeletal Pain Resources page on our website and email the code to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Helene B., Dept. of Elections!

## DE Hospital Quality & Safety

Delaware hospitals have achieved an amazing milestone with 100% participation in the annual Leapfrog Hospital Survey. Having all of Delaware's hospitals participating in the survey demonstrates a statewide commitment to data transparency in providing patients with safe, quality care. Over the past two years, the Statewide Benefits Office (SBO) (and on behalf of the State Employee Benefits Committee (SEBC)), reached out to the Delaware hospitals previously not participating in the Leapfrog Survey and encouraged them to do so.

Leapfrog also publishes a Hospital Safety Grade twice a year, using data from the

LEAPFROG  
**HOSPITAL**  
SAFETY GRADE

Centers for Medicare & Medicaid Services (CMS), the American Hospital Association and the Leapfrog Hospital Survey. Delaware moved from having no "A" Safety Grade hospitals in spring 2019 to four "A" hospitals in fall 2020, showing dramatic improvement.

Visit the [Choosing the Right Care](#) page on the SBO website for helpful information related to quality, patient safety and patient engagement, including links to the Leapfrog Hospital Survey and Leapfrog Hospital Safety Grades.

## NEW Musculoskeletal Page

The need to focus on musculoskeletal issues, including lower back pain, is important as many people suffer from it at some point in their lives. During this pandemic, many of us are telecommuting and more sedentary than ever. As a result, you may have experienced some new or continuous muscle and joint issues. The good news is you can prevent and/or manage your symptoms. [Click here](#) to access the Musculoskeletal Pain Resources page.